



RICHMOND UNITED FC

2026 Summer Soccer Camps

6 Weeks of Camps (Open to all U4 to U18 players)

Delivered by David Thorburn TD & Scott Guy (Head of LTPD)

Week 1: June 29th to July 3rd

Week 2: July 6th to 10th

Week 3: July 13th to July 17th

Week 4: July 20th to 24th

Week 5: July 27th to 31st

Week 6: August 10th to 14th



Venue: Hugh Boyd

Time: 10am to 12pm: early drop available

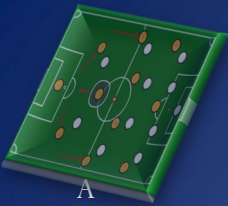
Fee: \$195 Plus \$25 discount for booking 2 weeks

Discounts Plus \$50 discount for more than 2 weeks of camps

Day 1 Sample Session



Time	Topic : Attacking Principal's
10.00 -10:10 am	Welcome/Introduction
10.10 -10:30 am	4's Warm Up (4 stations x 5 minutes) Focus on Skill (Ball Mastery), Speed (reaction), stamina, suppleness
10:30 -11:00am	Skill Session (Topics: Dominating 1v1 2v1 2v2 3v3 4v4)
11.00 -11:30am	Patterns of Play (based on the daily theme) Including Game Related
11.30-12:00pm	World Cup Street soccer Tournament (SSG's)



4 Cornerd Player Development Concept

Coaching for the future
Developing the Individual



4 Cornerd Player Development Concept



- Individual 4 Cornerd Player Development
- Patterns of Play
- Small Groups
- Conditioned Games
- Game Literacy Templates
- Attacking /Defending Principals
- Diet & Nutrition Handouts
- Player Position Specific
- All sessions will be carried out in accordance with health Canada guidelines.

Welcome / Intro

10:00am-12:00pm



Introduction

- Welcome
- Intro Coaches
- Intro day plan

Camp Rules & Expectations

Skill Session



Theme:

- Dominating 1v1 to 4V4

Components required:

- Moves 1v1 (attack)
 - Speed
 - Combination play
 - Small group play
-
- Principals of Attacking

- 1 hour session
- 1 coach per group



SKILLS ZONE



SKILL



Skill Practice

Players dribble through gates and perform the right and left foot various moves. Players can play 1-2 passes with outside players. After set time change places with outside players.



SPEED



Group Practice

Both sides go at the same time and are put under pressure by defenders in the center. Encourage good speed and timing of the move

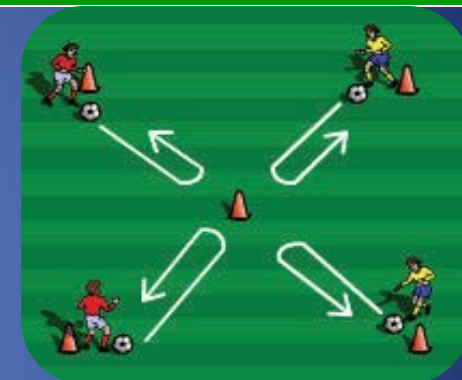


AGILITY



Skill Practice

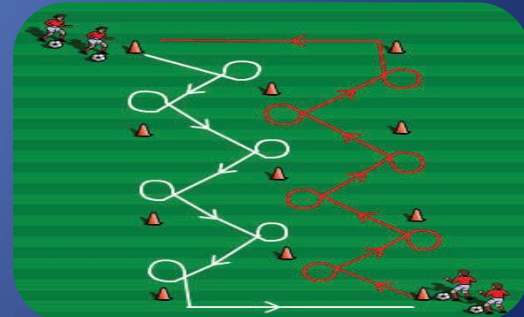
Players meet each other in centre and practice inside and outside cuts with both feet.



BALANCE



4 x 4 minute stations
1 coach per station
All rotate on same signal



Group Practice

Players from both ends go together up the circuit performing the right foot and left foot twist offs. Once the first player reaches the second marker next player quickly follows.

4's Warm Up



SKILL



SPEED



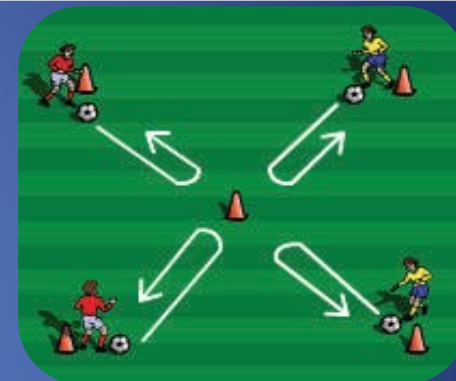
STAMINA



SUPPLENESS

Skill Practice

Players dribble through gates and perform the right and left foot various moves. Players can play 1-2 passes with outside players. After set time change places with outside players.



Skill Practice

Players meet each other in centre and practice inside and outside cuts with both feet.

Group Practice

Both sides go at the same time and are put under pressure by defenders in the centre. Encourage good speed and timing of the move.



Group Practice

Players from both ends go together up the circuit performing the right foot and left foot twist offs. Once the first player reaches the second marker next player quickly follows.

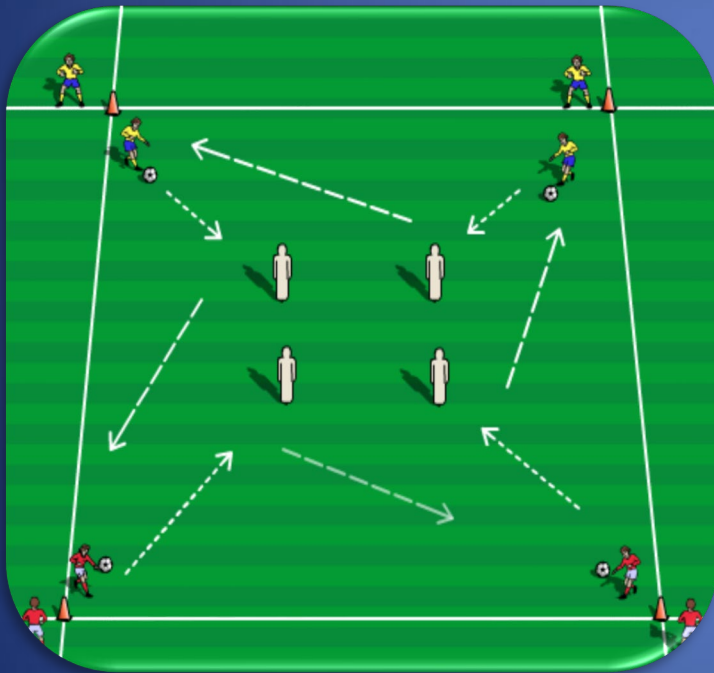
4 x 5 minute stations
1 coach per station
All rotate on same signal



Skill Drill 1

Moves 1v1 (Step Over)

Purpose: improve players use of moves to create space either side of opponent to pass, shoot or run with the ball



Action:

Variations:

Skill / Game Tips

- When? Why? Where? is key
- Players must accelerate out of move

Practice Time: 20 minutes

Set-up: 20x20 yard box

Speed Drill 1

Speed Skills & Moves



Purpose: improve speed agility balance and 1V1 moves



Action:

Practice Time: 15 minutes

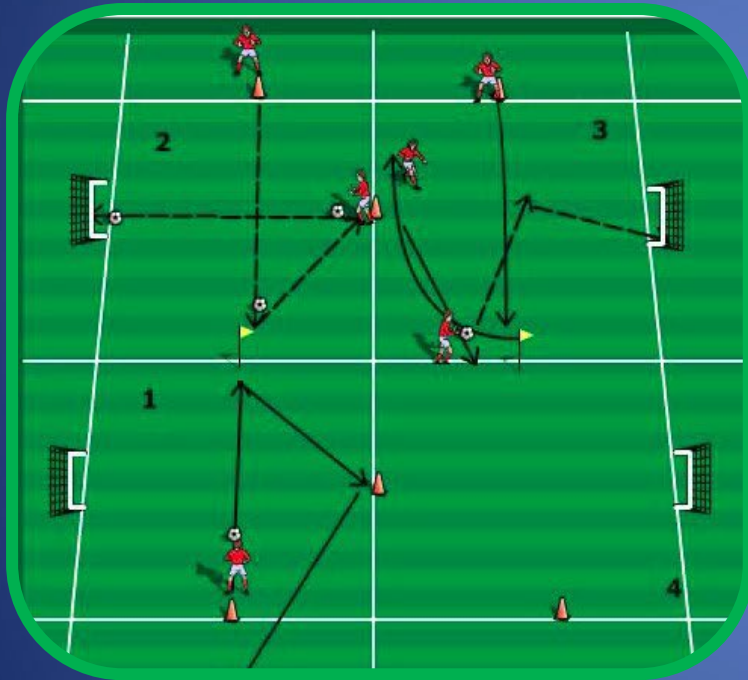
Set-up: 25x25 yard field



Patterns of Play Station

Individual and Small Group

Purpose: To warm up and improve reaction speed



Action:

Skill / Game Tips

- Limited coaching points required.
- Encourage players to make their own decisions. Lots of positive comments

Practice Time: 30 minutes

Set-up: 30 x 20 yard box



Skill Drill 2

Moves 2v1 3v2 (Full Pressure)

Purpose: improve players use of moves to create space either side of opponent to pass, shoot or run with the ball



Practice Time: 20 minutes

Set-up: 20x20 yard box

Action:

Extension: set a time limit (i.e. attacker must be quick)

Variations:

V1) 2v1

V2) 3v2

Skill / Game Tips

- Players have decision to make: DO they use
 - 1 - Pure Speed
 - 2 - Moves 1v1
 - 3 - Combination Play

Group Play



Purpose: improve decision making, combination plays, scoring and stopping goals



Action:

Skill / Game Tips

- Let them play!
- Game as teacher
- Encourage 1v1, speed, combination plays
- Attack where least defenders are (i.e. searching for space)
- If ball is lost win it back quickly

Practice Time: 30 minutes

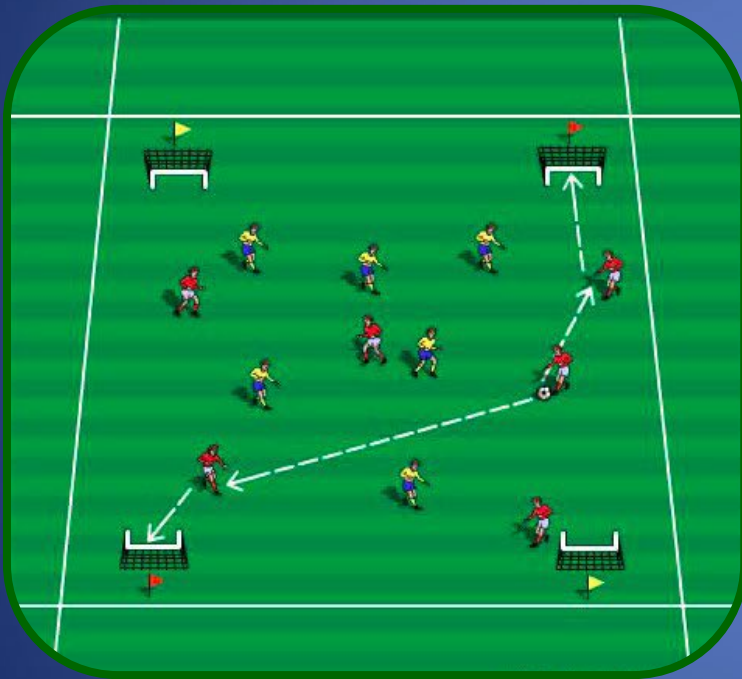
Set-up: 40x25 yard field

Small sided games 1

Conditioned Games



Purpose: To Warm up improve reaction speed



Action:

The coach should be prepared to guide the players.

Skill / Game Tips

Limited coaching points required. Encourage players to make their own decisions. Lots of positive comments

Practice Time: 15 minutes

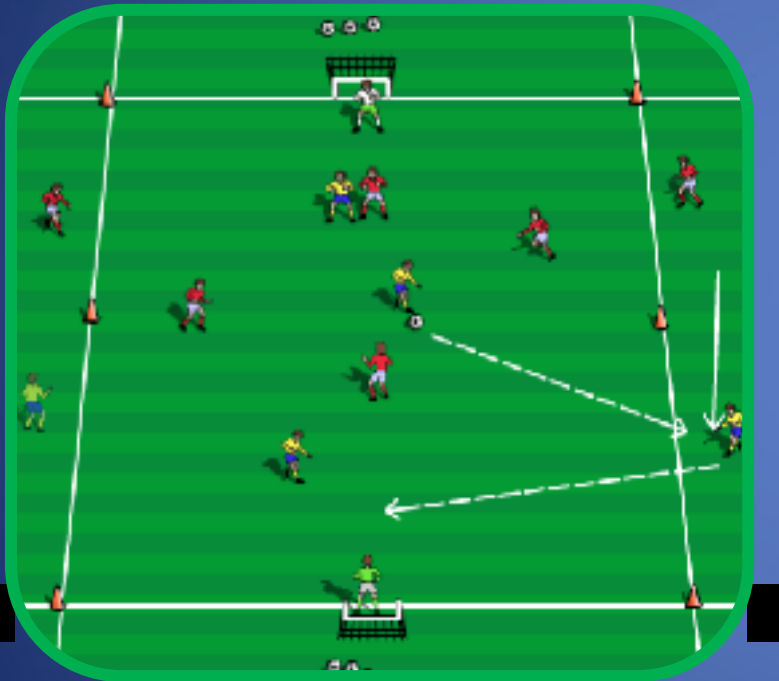
Set-up: 30 x 30 yard box with 10 cones placed randomly in centre

Small sided games 2

Conditioned Games – Game awareness



Purpose: To improve purposeful possession in the wide areas of the field



Action:

coming in from opposite side

Skill / Game Tips

Awareness: when to pass dribble forward or wide

Practice Time: 12 minutes

Set-up: 30x30 x 5 yards

EAT YOUR WAY TO VICTORY



Diet & Nutrition

Support System

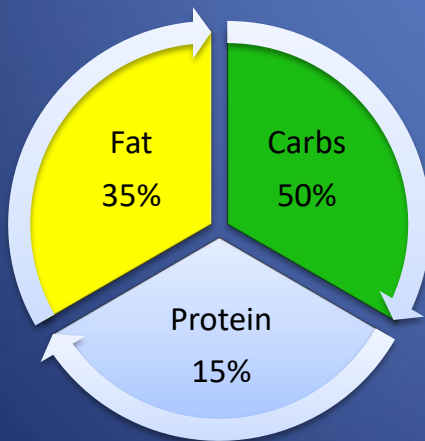


Practical Support

Role-model the importance of proper athlete nutrition/hydration and recovery

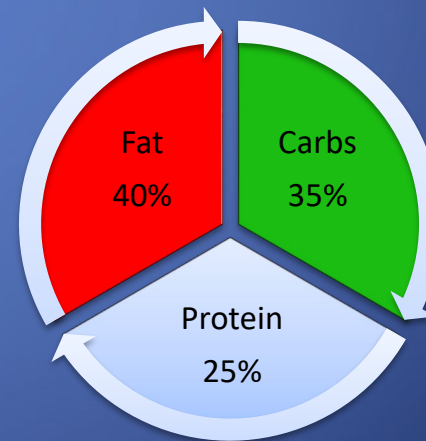
Dinner

Breakfast / Lunch



Minimize sugar in drinks

17oz of water per meal



Less weight